

Vegetables With Appetite Appeal

If the lord of the household looks at the vegetable plate which is served before him and turns his nose skyward, there may be a reason for it other than that the food is unpalatable. We're not saying that you've gone and taken most of the life out of the vegetables by wrong cooking methods, but even so many women do and for that reason even so many men consider vegetables on the menu a necessary dietary evil.

The most ordinary vegetable can become the family's favorite dish if it is prepared with loving care. An ancient English recipe begins, "First catch your hare," which we paraphrase and say, "First catch your vegetables and get them while they are young and tender and they will give a garden full of vegetables very very fortunate, for you are probably enjoying them now. If, however, you are obliged to buy vegetables, be particular about the lot you choose."

It is always best to choose those vegetables which are in season, because they are most likely to taste the best at that time. Leafy vegetables should be crisp, crisp. Flower vegetables, such as cauliflower and Brussels sprouts, should have well-developed buds. The tastiest cabbage salad is made from a head of cabbage, which is green and solid to the touch. It should be neither too flat nor too bulging. In the first case, it is not getting anything for your money and in the second the peas will be too old to be sweet and they will be soggy when cooked.

There are a few general rules which apply to cooking vegetables.

1. Cook vegetables only as long as is necessary. Overcooking takes away both flavor and nourishment. Vegetables are not to be eaten raw, but are desirable and many a person has refused to dislike vegetables because of this same reason.
2. Do not soak vegetables for any length of time before cooking them. It tends to decrease the vitamins and mineral content.
3. When boiling vegetables such as potatoes, asparagus, yellow beans, spinach, green peas, Swiss chard, green peppers, dandelions and kale, place in boiling water with one teaspoon salt has been added for each cup of water used.

4. Cauliflower, Brussels sprouts, fresh lima beans, beans, onions, Brussels sprouts, cabbage, cauliflower, green beans, and radish should be cooked almost tender in boiling unsalted water and added the last ten minutes of cooking time.
5. Cook steam-flavored vegetables (tomatoes, cabbage, cauliflower, Brussels sprouts, leucanth, dandelion, turnip, etc.) in a small quantity of water and boil rapidly. They should never be steamed, but should be cooked in that case retain most of their strong flavor.
6. Mild flavored vegetables (celery, peas, carrots, squash, asparagus, etc.) should be cooked in little water as possible in order to keep the flavor in the vegetable.

7. Swiss chard and spinach which have been freshly washed do not need any additional water. Wash them and drop the water from clinging to the leaves. Tomatoes, peeled and sliced and cooled are no better than no additional water is needed.

Some attention should be paid to the color of the cooked vegetable. Green vegetables should be cooked in an open pot to preserve the color. White vegetables should not be overcooked as they become colorless. Red vegetables will retain their color (when cooked) if a tiny bit of vinegar or lemon juice is added to the water in which they are cooked.

Yellow vegetables (such as corn, steamed or baked without losing their color.)

Bean vegetables carefully. Salt, pepper, a little sugar if desired, and plenty of butter improve flavor.

Beef, since acidity and age of vegetables vary, taste is the only sure guide.

Potatoes, onions, cauliflower, egg plant, tomatoes and parsnips may be fried with no loss of mineral content. All fried vegetables should be cooked in fat which is hot when they are added to the vegetable and then drained on unabsorbed paper to get up some of the fat.

These vegetables which are firm enough to be sliced may be fried. Fried vegetables tend to lose some of their color, but the flavor is improved.

Serve a vegetable plate good and flavored to taste and generally favored with melted butter and your family cannot fail to take a new interest in vegetables.

LUNCHEON TOMATOES

Two cups cooked tomatoes, two-thirds cup sweetened condensed milk, one teaspoon salt, one-quarter teaspoon pepper, dried Canadian cheese.

Heat tomatoes to boiling. Add the sweetened condensed milk and stir until well blended. Remove from fire.

BARGAIN FARES FROM NORTHERN ALBERTA RAILWAYS. STATIONS, AUG. 18 - SEP. 2.

To further assist the inclination to travel returned to the vacation of the season, the Northern Alberta Railway in conjunction with the Canadian Pacific and Canadian National Railways, will again offer bargain fares from all stations to the following destinations on August 18th to September 2nd. It has been announced by J. B. Parker, secretary of the Canadian Passenger Association, Winnipeg.

These mid-August rates are good to return for fifteen days from the date of departure. The rates to the Pacific Coast.

Mr. Parker explained that this reduced fare will take passengers from Northern Alberta Railway, will again offer bargain fares from all stations to the destinations mentioned on August 18th to September 2nd. It has been announced by J. B. Parker, secretary of the Canadian Passenger Association, Winnipeg.

add bread and seasonings. Cover lightly ten minutes. Pour into serving dish, sprinkle generously with grated cheese. Serve at once. Serves 12.

String Beans Bretonne

Two tablespoons butter, one medium onion, one tablespoon flour, and one cup evaporated milk, half cup water, two cups cooked string beans, salt and pepper. Melt butter. Fry finely sliced onion until brown. Add gradually evaporated milk and water. Stir until thickened. Add cooked string beans, cut in one-inch lengths and seasonings. Serves six.

Twice Baked Cheese Potatoes

Half-pound package potatoes, one-third cup evaporated milk, one large baked potato, two teaspoons of salt, one-eighth teaspoon of pepper, cut potatoes into small pieces. Heat milk in top of double boiler. Add cheese and beat with rotary egg beater until smooth. Cut baked potatoes in halves lengthwise and scoop out centres. Mash thoroughly. Add prepared cheese, salt and pepper. Heat until light and creamy. Fill potato shells with mixture and bake in 450 deg. F. ten minutes or until browned. Serves six.

MINUTES OF MEETING OF M. D. OF GRANDE PRAIRIE

Following are the minutes of the regular meeting of the Council of the Municipal District of Grande Prairie, No. 718, held in the Municipal Office, 221 Main Street, Grande Prairie, on August 16, 1933.

Present: Deputy Mayor Fernie Councilors Southward, Garrett, Carr, and McKnight.

The minutes of the last meeting were read by the secretary and found correct.

There are a few general rules which apply to cooking vegetables.

1. Cook vegetables only as long as is necessary. Overcooking takes away both flavor and nourishment. Vegetables are not to be eaten raw, but are desirable and many a person has refused to dislike vegetables because of this same reason.
2. Do not soak vegetables for any length of time before cooking them. It tends to decrease the vitamins and mineral content.
3. When boiling vegetables such as potatoes, asparagus, yellow beans, spinach, green peas, Swiss chard, green peppers, dandelions and kale, place in boiling water with one teaspoon salt has been added for each cup of water used.

4. Cauliflower, Brussels sprouts, fresh lima beans, beans, onions, Brussels sprouts, cabbage, cauliflower, green beans, and radish should be cooked almost tender in boiling unsalted water and added the last ten minutes of cooking time.
5. Cook steam-flavored vegetables (tomatoes, cabbage, cauliflower, Brussels sprouts, leucanth, dandelion, turnip, etc.) in a small quantity of water and boil rapidly. They should never be steamed, but should be cooked in that case retain most of their strong flavor.
6. Mild flavored vegetables (celery, peas, carrots, squash, asparagus, etc.) should be cooked in little water as possible in order to keep the flavor in the vegetable.

7. Swiss chard and spinach which have been freshly washed do not need any additional water. Wash them and drop the water from clinging to the leaves. Tomatoes, peeled and sliced and cooled are no better than no additional water is needed.

Some attention should be paid to the color of the cooked vegetable. Green vegetables should be cooked in an open pot to preserve the color. White vegetables should not be overcooked as they become colorless. Red vegetables will retain their color (when cooked) if a tiny bit of vinegar or lemon juice is added to the water in which they are cooked.

Yellow vegetables (such as corn, steamed or baked without losing their color.)

Bean vegetables carefully. Salt, pepper, a little sugar if desired, and plenty of butter improve flavor.

Beef, since acidity and age of vegetables vary, taste is the only sure guide.

Potatoes, onions, cauliflower, egg plant, tomatoes and parsnips may be fried with no loss of mineral content. All fried vegetables should be cooked in fat which is hot when they are added to the vegetable and then drained on unabsorbed paper to get up some of the fat.

These vegetables which are firm enough to be sliced may be fried. Fried vegetables tend to lose some of their color, but the flavor is improved.

Serve a vegetable plate good and flavored to taste and generally favored with melted butter and your family cannot fail to take a new interest in vegetables.

LUNCHEON TOMATOES

Two cups cooked tomatoes, two-thirds cup sweetened condensed milk, one teaspoon salt, one-quarter teaspoon pepper, dried Canadian cheese.

Heat tomatoes to boiling. Add the sweetened condensed milk and stir until well blended. Remove from fire.

BARGAIN FARES FROM NORTHERN ALBERTA RAILWAYS. STATIONS, AUG. 18 - SEP. 2.

To further assist the inclination to travel returned to the vacation of the season, the Northern Alberta Railway in conjunction with the Canadian Pacific and Canadian National Railways, will again offer bargain fares from all stations to the following destinations on August 18th to September 2nd. It has been announced by J. B. Parker, secretary of the Canadian Passenger Association, Winnipeg.

These mid-August rates are good to return for fifteen days from the date of departure. The rates to the Pacific Coast.

Mr. Parker explained that this reduced fare will take passengers from Northern Alberta Railway, will again offer bargain fares from all stations to the destinations mentioned on August 18th to September 2nd. It has been announced by J. B. Parker, secretary of the Canadian Passenger Association, Winnipeg.

add bread and seasonings. Cover lightly ten minutes. Pour into serving dish, sprinkle generously with grated cheese. Serve at once. Serves 12.

String Beans Bretonne

Two tablespoons butter, one medium onion, one tablespoon flour, and one cup evaporated milk, half cup water, two cups cooked string beans, salt and pepper. Melt butter. Fry finely sliced onion until brown. Add gradually evaporated milk and water. Stir until thickened. Add cooked string beans, cut in one-inch lengths and seasonings. Serves six.

Twice Baked Cheese Potatoes

Half-pound package potatoes, one-third cup evaporated milk, one large baked potato, two teaspoons of salt, one-eighth teaspoon of pepper, cut potatoes into small pieces. Heat milk in top of double boiler. Add cheese and beat with rotary egg beater until smooth. Cut baked potatoes in halves lengthwise and scoop out centres. Mash thoroughly. Add prepared cheese, salt and pepper. Heat until light and creamy. Fill potato shells with mixture and bake in 450 deg. F. ten minutes or until browned. Serves six.

MINUTES OF MEETING OF M. D. OF GRANDE PRAIRIE

Following are the minutes of the regular meeting of the Council of the Municipal District of Grande Prairie, No. 718, held in the Municipal Office, 221 Main Street, Grande Prairie, on August 16, 1933.

Present: Deputy Mayor Fernie Councilors Southward, Garrett, Carr, and McKnight.

The minutes of the last meeting were read by the secretary and found correct.

There are a few general rules which apply to cooking vegetables.

1. Cook vegetables only as long as is necessary. Overcooking takes away both flavor and nourishment. Vegetables are not to be eaten raw, but are desirable and many a person has refused to dislike vegetables because of this same reason.
2. Do not soak vegetables for any length of time before cooking them. It tends to decrease the vitamins and mineral content.
3. When boiling vegetables such as potatoes, asparagus, yellow beans, spinach, green peas, Swiss chard, green peppers, dandelions and kale, place in boiling water with one teaspoon salt has been added for each cup of water used.

4. Cauliflower, Brussels sprouts, fresh lima beans, beans, onions, Brussels sprouts, cabbage, cauliflower, green beans, and radish should be cooked almost tender in boiling unsalted water and added the last ten minutes of cooking time.
5. Cook steam-flavored vegetables (tomatoes, cabbage, cauliflower, Brussels sprouts, leucanth, dandelion, turnip, etc.) in a small quantity of water and boil rapidly. They should never be steamed, but should be cooked in that case retain most of their strong flavor.
6. Mild flavored vegetables (celery, peas, carrots, squash, asparagus, etc.) should be cooked in little water as possible in order to keep the flavor in the vegetable.

7. Swiss chard and spinach which have been freshly washed do not need any additional water. Wash them and drop the water from clinging to the leaves. Tomatoes, peeled and sliced and cooled are no better than no additional water is needed.

Some attention should be paid to the color of the cooked vegetable. Green vegetables should be cooked in an open pot to preserve the color. White vegetables should not be overcooked as they become colorless. Red vegetables will retain their color (when cooked) if a tiny bit of vinegar or lemon juice is added to the water in which they are cooked.

Yellow vegetables (such as corn, steamed or baked without losing their color.)

Bean vegetables carefully. Salt, pepper, a little sugar if desired, and plenty of butter improve flavor.

Beef, since acidity and age of vegetables vary, taste is the only sure guide.

Potatoes, onions, cauliflower, egg plant, tomatoes and parsnips may be fried with no loss of mineral content. All fried vegetables should be cooked in fat which is hot when they are added to the vegetable and then drained on unabsorbed paper to get up some of the fat.

These vegetables which are firm enough to be sliced may be fried. Fried vegetables tend to lose some of their color, but the flavor is improved.

Serve a vegetable plate good and flavored to taste and generally favored with melted butter and your family cannot fail to take a new interest in vegetables.

LUNCHEON TOMATOES

Two cups cooked tomatoes, two-thirds cup sweetened condensed milk, one teaspoon salt, one-quarter teaspoon pepper, dried Canadian cheese.

Heat tomatoes to boiling. Add the sweetened condensed milk and stir until well blended. Remove from fire.

BARGAIN FARES FROM NORTHERN ALBERTA RAILWAYS. STATIONS, AUG. 18 - SEP. 2.

To further assist the inclination to travel returned to the vacation of the season, the Northern Alberta Railway in conjunction with the Canadian Pacific and Canadian National Railways, will again offer bargain fares from all stations to the following destinations on August 18th to September 2nd. It has been announced by J. B. Parker, secretary of the Canadian Passenger Association, Winnipeg.

These mid-August rates are good to return for fifteen days from the date of departure. The rates to the Pacific Coast.

Mr. Parker explained that this reduced fare will take passengers from Northern Alberta Railway, will again offer bargain fares from all stations to the destinations mentioned on August 18th to September 2nd. It has been announced by J. B. Parker, secretary of the Canadian Passenger Association, Winnipeg.

add bread and seasonings. Cover lightly ten minutes. Pour into serving dish, sprinkle generously with grated cheese. Serve at once. Serves 12.

String Beans Bretonne

Two tablespoons butter, one medium onion, one tablespoon flour, and one cup evaporated milk, half cup water, two cups cooked string beans, salt and pepper. Melt butter. Fry finely sliced onion until brown. Add gradually evaporated milk and water. Stir until thickened. Add cooked string beans, cut in one-inch lengths and seasonings. Serves six.

Twice Baked Cheese Potatoes

Half-pound package potatoes, one-third cup evaporated milk, one large baked potato, two teaspoons of salt, one-eighth teaspoon of pepper, cut potatoes into small pieces. Heat milk in top of double boiler. Add cheese and beat with rotary egg beater until smooth. Cut baked potatoes in halves lengthwise and scoop out centres. Mash thoroughly. Add prepared cheese, salt and pepper. Heat until light and creamy. Fill potato shells with mixture and bake in 450 deg. F. ten minutes or until browned. Serves six.

MINUTES OF MEETING OF M. D. OF GRANDE PRAIRIE

Following are the minutes of the regular meeting of the Council of the Municipal District of Grande Prairie, No. 718, held in the Municipal Office, 221 Main Street, Grande Prairie, on August 16, 1933.

Present: Deputy Mayor Fernie Councilors Southward, Garrett, Carr, and McKnight.

The minutes of the last meeting were read by the secretary and found correct.

There are a few general rules which apply to cooking vegetables.

1. Cook vegetables only as long as is necessary. Overcooking takes away both flavor and nourishment. Vegetables are not to be eaten raw, but are desirable and many a person has refused to dislike vegetables because of this same reason.
2. Do not soak vegetables for any length of time before cooking them. It tends to decrease the vitamins and mineral content.
3. When boiling vegetables such as potatoes, asparagus, yellow beans, spinach, green peas, Swiss chard, green peppers, dandelions and kale, place in boiling water with one teaspoon salt has been added for each cup of water used.

4. Cauliflower, Brussels sprouts, fresh lima beans, beans, onions, Brussels sprouts, cabbage, cauliflower, green beans, and radish should be cooked almost tender in boiling unsalted water and added the last ten minutes of cooking time.
5. Cook steam-flavored vegetables (tomatoes, cabbage, cauliflower, Brussels sprouts, leucanth, dandelion, turnip, etc.) in a small quantity of water and boil rapidly. They should never be steamed, but should be cooked in that case retain most of their strong flavor.
6. Mild flavored vegetables (celery, peas, carrots, squash, asparagus, etc.) should be cooked in little water as possible in order to keep the flavor in the vegetable.

7. Swiss chard and spinach which have been freshly washed do not need any additional water. Wash them and drop the water from clinging to the leaves. Tomatoes, peeled and sliced and cooled are no better than no additional water is needed.

Some attention should be paid to the color of the cooked vegetable. Green vegetables should be cooked in an open pot to preserve the color. White vegetables should not be overcooked as they become colorless. Red vegetables will retain their color (when cooked) if a tiny bit of vinegar or lemon juice is added to the water in which they are cooked.

Yellow vegetables (such as corn, steamed or baked without losing their color.)

Bean vegetables carefully. Salt, pepper, a little sugar if desired, and plenty of butter improve flavor.

Beef, since acidity and age of vegetables vary, taste is the only sure guide.

Potatoes, onions, cauliflower, egg plant, tomatoes and parsnips may be fried with no loss of mineral content. All fried vegetables should be cooked in fat which is hot when they are added to the vegetable and then drained on unabsorbed paper to get up some of the fat.

These vegetables which are firm enough to be sliced may be fried. Fried vegetables tend to lose some of their color, but the flavor is improved.

Serve a vegetable plate good and flavored to taste and generally favored with melted butter and your family cannot fail to take a new interest in vegetables.

LUNCHEON TOMATOES

Two cups cooked tomatoes, two-thirds cup sweetened condensed milk, one teaspoon salt, one-quarter teaspoon pepper, dried Canadian cheese.

Heat tomatoes to boiling. Add the sweetened condensed milk and stir until well blended. Remove from fire.

BARGAIN FARES FROM NORTHERN ALBERTA RAILWAYS. STATIONS, AUG. 18 - SEP. 2.

To further assist the inclination to travel returned to the vacation of the season, the Northern Alberta Railway in conjunction with the Canadian Pacific and Canadian National Railways, will again offer bargain fares from all stations to the following destinations on August 18th to September 2nd. It has been announced by J. B. Parker, secretary of the Canadian Passenger Association, Winnipeg.

These mid-August rates are good to return for fifteen days from the date of departure. The rates to the Pacific Coast.

Mr. Parker explained that this reduced fare will take passengers from Northern Alberta Railway, will again offer bargain fares from all stations to the destinations mentioned on August 18th to September 2nd. It has been announced by J. B. Parker, secretary of the Canadian Passenger Association, Winnipeg.

add bread and seasonings. Cover lightly ten minutes. Pour into serving dish, sprinkle generously with grated cheese. Serve at once. Serves 12.

String Beans Bretonne

Two tablespoons butter, one medium onion, one tablespoon flour, and one cup evaporated milk, half cup water, two cups cooked string beans, salt and pepper. Melt butter. Fry finely sliced onion until brown. Add gradually evaporated milk and water. Stir until thickened. Add cooked string beans, cut in one-inch lengths and seasonings. Serves six.

Twice Baked Cheese Potatoes

Half-pound package potatoes, one-third cup evaporated milk, one large baked potato, two teaspoons of salt, one-eighth teaspoon of pepper, cut potatoes into small pieces. Heat milk in top of double boiler. Add cheese and beat with rotary egg beater until smooth. Cut baked potatoes in halves lengthwise and scoop out centres. Mash thoroughly. Add prepared cheese, salt and pepper. Heat until light and creamy. Fill potato shells with mixture and bake in 450 deg. F. ten minutes or until browned. Serves six.

MINUTES OF MEETING OF M. D. OF GRANDE PRAIRIE

Following are the minutes of the regular meeting of the Council of the Municipal District of Grande Prairie, No. 718, held in the Municipal Office, 221 Main Street, Grande Prairie, on August 16, 1933.

Present: Deputy Mayor Fernie Councilors Southward, Garrett, Carr, and McKnight.

The minutes of the last meeting were read by the secretary and found correct.

There are a few general rules which apply to cooking vegetables.

1. Cook vegetables only as long as is necessary. Overcooking takes away both flavor and nourishment. Vegetables are not to be eaten raw, but are desirable and many a person has refused to dislike vegetables because of this same reason.
2. Do not soak vegetables for any length of time before cooking them. It tends to decrease the vitamins and mineral content.
3. When boiling vegetables such as potatoes, asparagus, yellow beans, spinach, green peas, Swiss chard, green peppers, dandelions and kale, place in boiling water with one teaspoon salt has been added for each cup of water used.

4. Cauliflower, Brussels sprouts, fresh lima beans, beans, onions, Brussels sprouts, cabbage, cauliflower, green beans, and radish should be cooked almost tender in boiling unsalted water and added the last ten minutes of cooking time.
5. Cook steam-flavored vegetables (tomatoes, cabbage, cauliflower, Brussels sprouts, leucanth, dandelion, turnip, etc.) in a small quantity of water and boil rapidly. They should never be steamed, but should be cooked in that case retain most of their strong flavor.
6. Mild flavored vegetables (celery, peas, carrots, squash, asparagus, etc.) should be cooked in little water as possible in order to keep the flavor in the vegetable.

7. Swiss chard and spinach which have been freshly washed do not need any additional water. Wash them and drop the water from clinging to the leaves. Tomatoes, peeled and sliced and cooled are no better than no additional water is needed.

Some attention should be paid to the color of the cooked vegetable. Green vegetables should be cooked in an open pot to preserve the color. White vegetables should not be overcooked as they become colorless. Red vegetables will retain their color (when cooked) if a tiny bit of vinegar or lemon juice is added to the water in which they are cooked.

Yellow vegetables (such as corn, steamed or baked without losing their color.)

Bean vegetables carefully. Salt, pepper, a little sugar if desired, and plenty of butter improve flavor.

Beef, since acidity and age of vegetables vary, taste is the only sure guide.

Potatoes, onions, cauliflower, egg plant, tomatoes and parsnips may be fried with no loss of mineral content. All fried vegetables should be cooked in fat which is hot when they are added to the vegetable and then drained on unabsorbed paper to get up some of the fat.

These vegetables which are firm enough to be sliced may be fried. Fried vegetables tend to lose some of their color, but the flavor is improved.

Serve a vegetable plate good and flavored to taste and generally favored with melted butter and your family cannot fail to take a new interest in vegetables.

LUNCHEON TOMATOES

Two cups cooked tomatoes, two-thirds cup sweetened condensed milk, one teaspoon salt, one-quarter teaspoon pepper, dried Canadian cheese.

Heat tomatoes to boiling. Add the sweetened condensed milk and stir until well blended. Remove from fire.

BARGAIN FARES FROM NORTHERN ALBERTA RAILWAYS. STATIONS, AUG. 18 - SEP. 2.

To further assist the inclination to travel returned to the vacation of the season, the Northern Alberta Railway in conjunction with the Canadian Pacific and Canadian National Railways, will again offer bargain fares from all stations to the following destinations on August 18th to September 2nd. It has been announced by J. B. Parker, secretary of the Canadian Passenger Association, Winnipeg.

These mid-August rates are good to return for fifteen days from the date of departure. The rates to the Pacific Coast.

Mr. Parker explained that this reduced fare will take passengers from Northern Alberta Railway, will again offer bargain fares from all stations to the destinations mentioned on August 18th to September 2nd. It has been announced by J. B. Parker, secretary of the Canadian Passenger Association, Winnipeg.

add bread and seasonings. Cover lightly ten minutes. Pour into serving dish, sprinkle generously with grated cheese. Serve at once. Serves 12.

String Beans Bretonne

Two tablespoons butter, one medium onion, one tablespoon flour, and one cup evaporated milk, half cup water, two cups cooked string beans, salt and pepper. Melt butter. Fry finely sliced onion until brown. Add gradually evaporated milk and water. Stir until thickened. Add cooked string beans, cut in one-inch lengths and seasonings. Serves six.

Twice Baked Cheese Potatoes

Half-pound package potatoes, one-third cup evaporated milk, one large baked potato, two teaspoons of salt, one-eighth teaspoon of pepper, cut potatoes into small pieces. Heat milk in top of double boiler. Add cheese and beat with rotary egg beater until smooth. Cut baked potatoes in halves lengthwise and scoop out centres. Mash thoroughly. Add prepared cheese, salt and pepper. Heat until light and creamy. Fill potato shells with mixture and bake in 450 deg. F. ten minutes or until browned. Serves six.

MINUTES OF MEETING OF M. D. OF GRANDE PRAIRIE

Following are the minutes of the regular meeting of the Council of the Municipal District of Grande Prairie, No. 718, held in the Municipal Office, 221 Main Street, Grande Prairie, on August 16, 1933.

Present: Deputy Mayor Fernie Councilors Southward, Garrett, Carr, and McKnight.

The minutes of the last meeting were read by the secretary and found correct.

There are a few general rules which apply to cooking vegetables.

1. Cook vegetables only as long as is necessary. Overcooking takes away both flavor and nourishment. Vegetables are not to be eaten raw, but are desirable and many a person has refused to dislike vegetables because of this same reason.
2. Do not soak vegetables for any length of time before cooking them. It tends to decrease the vitamins and mineral content.
3. When boiling vegetables such as potatoes, asparagus, yellow beans, spinach, green peas, Swiss chard, green peppers, dandelions and kale, place in boiling water with one teaspoon salt has been added for each cup of water used.

4. Cauliflower, Brussels sprouts, fresh lima beans, beans, onions, Brussels sprouts, cabbage, cauliflower, green beans, and radish should be cooked almost tender in boiling unsalted water and added the last ten minutes of cooking time.
5. Cook steam-flavored vegetables (tomatoes, cabbage, cauliflower, Brussels sprouts, leucanth, dandelion, turnip, etc.) in a small quantity of water and boil rapidly. They should never be steamed, but should be cooked in that case retain most of their strong flavor.
6. Mild flavored vegetables (celery, peas, carrots, squash, asparagus, etc.) should be cooked in little water as possible in order to keep the flavor in the vegetable.

7. Swiss chard and spinach which have been freshly washed do not need any additional water. Wash them and drop the water from clinging to the leaves. Tomatoes, peeled and sliced and cooled are no better than no additional water is needed.

Some attention should be paid to the color of the cooked vegetable. Green vegetables should be cooked in an open pot to preserve the color. White vegetables should not be overcooked as they become colorless. Red vegetables will retain their color (when cooked) if a tiny bit of vinegar or lemon juice is added to the water in which they are cooked.

Yellow vegetables (such as corn, steamed or baked without losing their color.)

Bean vegetables carefully. Salt, pepper, a little sugar if desired, and plenty of butter improve flavor.

Beef, since acidity and age of vegetables vary, taste is the only sure guide.

Potatoes, onions, cauliflower, egg

Enthusiastic Welcome To Vice-Regal Party Maintained

(Continued from Page One)

Her Excellency the Countess of Bevesford was presented with bouquets by Miss Davis Johnson, representing the Wembley and Hugh Allen, representing the Lake Grosvenor Association, and the Lake Grosvenor Association, representing the Lake Grosvenor Association.

At the conclusion of the reception everyone joined in singing "For They Are Jolly Good People."

A crowd of almost a thousand greeted Her Excellencies at the Bevesford Experimental Farm, at which a picnic of Oldtimers and Seed Grovers was being held. The town of Bevesford also joined in the reception.

Following lunch, Mr. Albright, who was chairman, expressed the pleasure the community felt in being honored by a visit of vice-regal party, regretting that it was impossible for them to visit Bevesford Mountain.

The chairman then called on Hugh Allen, M.L.A.

Mr. Allen touched upon the growth of the provincial constituency had a population of 5,000. Today it has 20,000.

Continuing, Mr. Allen observed that the seed grovers and oldtimers had played an important part in the development of the country. After referring to the seed grovers, he referred to the oldtimers at the big show, observed that the oldtimers had a very important business in this country.

In conclusion, Mr. Allen said: "On behalf of the 20,000 who make up this part of the country, I extend to Your Excellency a hearty welcome."

Harry Walker, president of the Oldtimers' Association, was then introduced and read the address of welcome on the part of the Oldtimers:

"Your Excellencies, Oldtimers, Ladies and Gentlemen:

"It is indeed a very pleasant honor for me on behalf of the Oldtimers of the Grande Prairie, to extend to you a warm and hearty welcome to this Bevesford district."

We join with all the others in trusting that your visit will have been a real pleasure, and we hope that as you continue visiting the few convenient places here, you will follow along the line that you may become favorably impressed with what the right sort of settlers can accomplish in the right sort of a country in such a few years."

Less than a quarter of a century ago, white settlers were almost unknown here; today you will find a vast and largely settled country, one which may look much and indicate on the map, but a community which has already proven itself to be a credit to the British."

"Our products, principally seed grain, are in demand by the principal grain-growing countries of the world."

"Much more might be said, but I must be brief, as your time is limited."

"In conclusion, I am glad to give voice the unanimous sentiments and wishes of the Oldtimers in wishing 'Your Excellencies' a most enjoyable continuation of your visit amongst us."

George K. Shany, Mayor of Bevesford, who was next introduced, presented the following address of welcome:

"Your Excellency:

"On behalf of the village of Bevesford, I desire to welcome Your Excellency and the Countess to the Peace River district."

"I desire to extend to you, as the representative of the person of His Grace the Marquis of Cornwallis, the assurance of our loyalty and devotion to the Crown."

"I further desire to extend to you personally and to the Countess every token of our esteem."

"I may mention that it was in consideration of the personal comfort of yourself and the Countess, that I decided to present this address of welcome at the Bevesford Experimental Farm, rather than within the boundaries of our village, which would have occasioned another stop to the Countess to make your visit wearisome."

"It has been a pleasure to the ladies of the Women's Institute of the village of Bevesford to provide luncheon for 'Your Excellencies' and the Countess, which we hope you have enjoyed."

"Please do not feel that the expression of our reception by the brevity of our address, but we understand the object of your visit to see the country and to meet the people rather than to listen to long addresses."

"I would respectfully on behalf of the people of Bevesford and from an Irishman to go on Irish pep, with Your Excellency and the Countess a 'Good Mille a Failles'—a thousand welcomes."

Robert Crocker, president of the Grande Prairie, County of Seed Grovers Association, extended welcome to the Countess and the Countess to the part of his organization. He said that he was glad that they had brought along with them the Countess, to see the Peace River for himself."

Mr. Crocker said that an individual was like a plant, depending on the soil in which it grew. He said: "In this country," he said, "we have a rich heritage, but we must have the other half of the heritage, the high-class cream or milk."

Ray Johnson expressed his appreciation on behalf of the Bevesford branch of the Canadian Legion.

Her Excellency was presented with a beautiful bouquet by Mrs. Arthur Tyrell, president of the Legion.

Her Excellency in replying to the various addresses that Lady Bevesford and who were appreciative of the welcome accorded."

He said that it was a difficult task to govern the country, especially during these trying times, but he, however, was made easier by the attitude of the people, who he felt were the government as much as possible as they do in Canada. He said that he and his family were here in order and order, his Excellency gave it as his first duty to the government was the best after all."

Referring to the work of the seed grovers, Her Excellency observed

that it indicated that you are not willing to be just obedient."

Continuing, Her Excellency said that she was glad to see the oldtimers, who, he said, displayed such a sense of pride and determination. The present generation, he said, was well taken from the oldtimers the previous generation.

Speaking of the veterans, Her Excellency said that when the call of duty came to the Empire, more men than did the Peace River."

Referring to the Women's Institute, Her Excellency said that she was glad to see the women, who he said, were the backbone of the community.

The Women's Institute was first started in Canada and in another link between Canada and the old country."

Concluding, Her Excellency said that she was glad to see the people, who he said, were the backbone of the community. He hoped the clouds of depression would soon pass and this country would again enjoy prosperity."

The town of Hythe itself proud that the seed grovers and oldtimers had played an important part in the development of the country. After referring to the seed grovers, he referred to the oldtimers at the big show, observed that the oldtimers had a very important business in this country."

In conclusion, Mr. Allen said: "On behalf of the 20,000 who make up this part of the country, I extend to Your Excellency a hearty welcome."

Harry Walker, president of the Oldtimers' Association, was then introduced and read the address of welcome on the part of the Oldtimers:

"Your Excellencies, Oldtimers, Ladies and Gentlemen:

"It is indeed a very pleasant honor for me on behalf of the Oldtimers of the Grande Prairie, to extend to you a warm and hearty welcome to this Bevesford district."

We join with all the others in trusting that your visit will have been a real pleasure, and we hope that as you continue visiting the few convenient places here, you will follow along the line that you may become favorably impressed with what the right sort of settlers can accomplish in the right sort of a country in such a few years."

Less than a quarter of a century ago, white settlers were almost unknown here; today you will find a vast and largely settled country, one which may look much and indicate on the map, but a community which has already proven itself to be a credit to the British."

"Our products, principally seed grain, are in demand by the principal grain-growing countries of the world."

"Much more might be said, but I must be brief, as your time is limited."

"In conclusion, I am glad to give voice the unanimous sentiments and wishes of the Oldtimers in wishing 'Your Excellencies' a most enjoyable continuation of your visit amongst us."

George K. Shany, Mayor of Bevesford, who was next introduced, presented the following address of welcome:

"Your Excellency:

"On behalf of the village of Bevesford, I desire to welcome Your Excellency and the Countess to the Peace River district."

"I desire to extend to you, as the representative of the person of His Grace the Marquis of Cornwallis, the assurance of our loyalty and devotion to the Crown."

"I further desire to extend to you personally and to the Countess every token of our esteem."

"I may mention that it was in consideration of the personal comfort of yourself and the Countess, that I decided to present this address of welcome at the Bevesford Experimental Farm, rather than within the boundaries of our village, which would have occasioned another stop to the Countess to make your visit wearisome."

"It has been a pleasure to the ladies of the Women's Institute of the village of Bevesford to provide luncheon for 'Your Excellencies' and the Countess, which we hope you have enjoyed."

"Please do not feel that the expression of our reception by the brevity of our address, but we understand the object of your visit to see the country and to meet the people rather than to listen to long addresses."

"I would respectfully on behalf of the people of Bevesford and from an Irishman to go on Irish pep, with Your Excellency and the Countess a 'Good Mille a Failles'—a thousand welcomes."

Robert Crocker, president of the Grande Prairie, County of Seed Grovers Association, extended welcome to the Countess and the Countess to the part of his organization. He said that he was glad that they had brought along with them the Countess, to see the Peace River for himself."

Mr. Crocker said that an individual was like a plant, depending on the soil in which it grew. He said: "In this country," he said, "we have a rich heritage, but we must have the other half of the heritage, the high-class cream or milk."

Ray Johnson expressed his appreciation on behalf of the Bevesford branch of the Canadian Legion.

Her Excellency was presented with a beautiful bouquet by Mrs. Arthur Tyrell, president of the Legion.

Her Excellency in replying to the various addresses that Lady Bevesford and who were appreciative of the welcome accorded."

He said that it was a difficult task to govern the country, especially during these trying times, but he, however, was made easier by the attitude of the people, who he felt were the government as much as possible as they do in Canada. He said that he and his family were here in order and order, his Excellency gave it as his first duty to the government was the best after all."

Referring to the work of the seed grovers, Her Excellency observed

that it indicated that you are not willing to be just obedient."

Continuing, Her Excellency said that she was glad to see the oldtimers, who, he said, displayed such a sense of pride and determination. The present generation, he said, was well taken from the oldtimers the previous generation."

Speaking of the veterans, Her Excellency said that when the call of duty came to the Empire, more men than did the Peace River."

Referring to the Women's Institute, Her Excellency said that she was glad to see the women, who he said, were the backbone of the community."

The Women's Institute was first started in Canada and in another link between Canada and the old country."

Concluding, Her Excellency said that she was glad to see the people, who he said, were the backbone of the community. He hoped the clouds of depression would soon pass and this country would again enjoy prosperity."

The town of Hythe itself proud that the seed grovers and oldtimers had played an important part in the development of the country. After referring to the seed grovers, he referred to the oldtimers at the big show, observed that the oldtimers had a very important business in this country."

In conclusion, Mr. Allen said: "On behalf of the 20,000 who make up this part of the country, I extend to Your Excellency a hearty welcome."

Harry Walker, president of the Oldtimers' Association, was then introduced and read the address of welcome on the part of the Oldtimers:

"Your Excellencies, Oldtimers, Ladies and Gentlemen:

"It is indeed a very pleasant honor for me on behalf of the Oldtimers of the Grande Prairie, to extend to you a warm and hearty welcome to this Bevesford district."

We join with all the others in trusting that your visit will have been a real pleasure, and we hope that as you continue visiting the few convenient places here, you will follow along the line that you may become favorably impressed with what the right sort of settlers can accomplish in the right sort of a country in such a few years."

Less than a quarter of a century ago, white settlers were almost unknown here; today you will find a vast and largely settled country, one which may look much and indicate on the map, but a community which has already proven itself to be a credit to the British."

"Our products, principally seed grain, are in demand by the principal grain-growing countries of the world."

"Much more might be said, but I must be brief, as your time is limited."

"In conclusion, I am glad to give voice the unanimous sentiments and wishes of the Oldtimers in wishing 'Your Excellencies' a most enjoyable continuation of your visit amongst us."

George K. Shany, Mayor of Bevesford, who was next introduced, presented the following address of welcome:

"Your Excellency:

"On behalf of the village of Bevesford, I desire to welcome Your Excellency and the Countess to the Peace River district."

"I desire to extend to you, as the representative of the person of His Grace the Marquis of Cornwallis, the assurance of our loyalty and devotion to the Crown."

"I further desire to extend to you personally and to the Countess every token of our esteem."

"I may mention that it was in consideration of the personal comfort of yourself and the Countess, that I decided to present this address of welcome at the Bevesford Experimental Farm, rather than within the boundaries of our village, which would have occasioned another stop to the Countess to make your visit wearisome."

"It has been a pleasure to the ladies of the Women's Institute of the village of Bevesford to provide luncheon for 'Your Excellencies' and the Countess, which we hope you have enjoyed."

"Please do not feel that the expression of our reception by the brevity of our address, but we understand the object of your visit to see the country and to meet the people rather than to listen to long addresses."

"I would respectfully on behalf of the people of Bevesford and from an Irishman to go on Irish pep, with Your Excellency and the Countess a 'Good Mille a Failles'—a thousand welcomes."

Robert Crocker, president of the Grande Prairie, County of Seed Grovers Association, extended welcome to the Countess and the Countess to the part of his organization. He said that he was glad that they had brought along with them the Countess, to see the Peace River for himself."

Mr. Crocker said that an individual was like a plant, depending on the soil in which it grew. He said: "In this country," he said, "we have a rich heritage, but we must have the other half of the heritage, the high-class cream or milk."

Ray Johnson expressed his appreciation on behalf of the Bevesford branch of the Canadian Legion.

Her Excellency was presented with a beautiful bouquet by Mrs. Arthur Tyrell, president of the Legion.

Her Excellency in replying to the various addresses that Lady Bevesford and who were appreciative of the welcome accorded."

He said that it was a difficult task to govern the country, especially during these trying times, but he, however, was made easier by the attitude of the people, who he felt were the government as much as possible as they do in Canada. He said that he and his family were here in order and order, his Excellency gave it as his first duty to the government was the best after all."

Referring to the work of the seed grovers, Her Excellency observed

that it indicated that you are not willing to be just obedient."

Continuing, Her Excellency said that she was glad to see the oldtimers, who, he said, displayed such a sense of pride and determination. The present generation, he said, was well taken from the oldtimers the previous generation."

Speaking of the veterans, Her Excellency said that when the call of duty came to the Empire, more men than did the Peace River."

Referring to the Women's Institute, Her Excellency said that she was glad to see the women, who he said, were the backbone of the community."

The Women's Institute was first started in Canada and in another link between Canada and the old country."

Concluding, Her Excellency said that she was glad to see the people, who he said, were the backbone of the community. He hoped the clouds of depression would soon pass and this country would again enjoy prosperity."

Wembley District News of Interest

Vol. II.

WEMBLEY, AUGUST 15, 1933.

No. 8

FIRE DESTROYS HOME AND BARN OF WEMBLEY FARMER

Mr. Frank Boyd, farming three miles northwest of Wembley, lost his home and barn Sunday night, August 13, when a fire which started in the chimney destroyed the buildings.

The fire was noticed it was far beyond control.

Mr. Boyd, assisted by his son, Charlie, succeeded in saving the house, sewing machine and a few bed covers before the fire was too far advanced, but unfortunately everything else was lost.

The barn, which was not far away, caught fire from the sparks of the house and was also burned to the ground.

Mr. Boyd carried very little insurance.

RETURN FROM EXHIBITION

Mr. and Mrs. L. E. Purves returned home Wednesday last after a week's stay at the World's Fair Exhibition at Regina.

They said that they had heard Alberta was a beautiful country and that they were glad to see it.

The last of the ladies who were at the exhibition, Mrs. L. E. Purves, said that she was glad to see the country and that she was glad to see the people.

After a week's stay at the exhibition, Mrs. L. E. Purves said that she was glad to see the country and that she was glad to see the people.

Mr. and Mrs. L. E. Purves returned home Wednesday last after a week's stay at the World's Fair Exhibition at Regina.

They said that they had heard Alberta was a beautiful country and that they were glad to see it.

The last of the ladies who were at the exhibition, Mrs. L. E. Purves, said that she was glad to see the country and that she was glad to see the people.

After a week's stay at the exhibition, Mrs. L. E. Purves said that she was glad to see the country and that she was glad to see the people.

Mr. and Mrs. L. E. Purves returned home Wednesday last after a week's stay at the World's Fair Exhibition at Regina.

They said that they had heard Alberta was a beautiful country and that they were glad to see it.

The last of the ladies who were at the exhibition, Mrs. L. E. Purves, said that she was glad to see the country and that she was glad to see the people.

After a week's stay at the exhibition, Mrs. L. E. Purves said that she was glad to see the country and that she was glad to see the people.

Mr. and Mrs. L. E. Purves returned home Wednesday last after a week's stay at the World's Fair Exhibition at Regina.

They said that they had heard Alberta was a beautiful country and that they were glad to see it.

The last of the ladies who were at the exhibition, Mrs. L. E. Purves, said that she was glad to see the country and that she was glad to see the people.

After a week's stay at the exhibition, Mrs. L. E. Purves said that she was glad to see the country and that she was glad to see the people.

Mr. and Mrs. L. E. Purves returned home Wednesday last after a week's stay at the World's Fair Exhibition at Regina.

They said that they had heard Alberta was a beautiful country and that they were glad to see it.

The last of the ladies who were at the exhibition, Mrs. L. E. Purves, said that she was glad to see the country and that she was glad to see the people.

After a week's stay at the exhibition, Mrs. L. E. Purves said that she was glad to see the country and that she was glad to see the people.

Mr. and Mrs. L. E. Purves returned home Wednesday last after a week's stay at the World's Fair Exhibition at Regina.

They said that they had heard Alberta was a beautiful country and that they were glad to see it.

The last of the ladies who were at the exhibition, Mrs. L. E. Purves, said that she was glad to see the country and that she was glad to see the people.

After a week's stay at the exhibition, Mrs. L. E. Purves said that she was glad to see the country and that she was glad to see the people.

Mr. and Mrs. L. E. Purves returned home Wednesday last after a week's stay at the World's Fair Exhibition at Regina.

They said that they had heard Alberta was a beautiful country and that they were glad to see it.

The last of the ladies who were at the exhibition, Mrs. L. E. Purves, said that she was glad to see the country and that she was glad to see the people.

After a week's stay at the exhibition, Mrs. L. E. Purves said that she was glad to see the country and that she was glad to see the people.

BISHOP SOVEREIGN TO GIVE LECTURE ON YUKON

On Monday, August 21, at 8 p.m., in Wembley Hall, Bishop Sovereign will give a very interesting lecture on the Yukon, where he was Bishop for five years.

Everybody welcome.

CITIZENS AND RETURNED SOLDIERS-ATTENTION

The Tribune has received the following communication:

"In 1915, for the first time since the war ended, we find a government actually announcing as part of its policy the breaking of a solemn compact entered into with every man and woman who enlisted to defend their country."

"Certain papers, including some of the 'Globe' and 'Financial Post', have been carrying on a campaign of vilification in pensions and allowances for returned soldiers. What they know they should complain to the government, but they do not."

"It is interesting to note that the government is not the cause of the trouble. The trouble is caused by the government's failure to keep its promise to the returned soldiers."

"We are shipping from lack of support. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

"We are not getting the support we need. We are not getting the support we need. We are not getting the support we need."

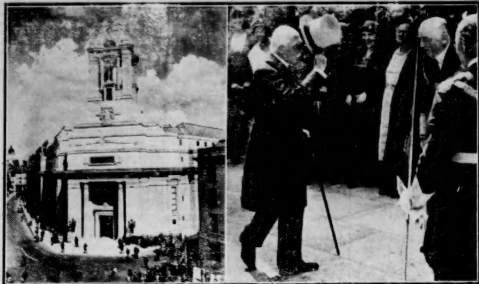
It cannot be too strongly urged on all ex-servicemen that they should not be misled by the 'Globe' and 'Financial Post' into the pension disability.

The last day to take advantage of the offer is August 15, 1933. Act now. The address is: District Agent, Department of Pensions and Veterans Affairs, 517, 519, 521, 523, 525, 527, 529, 531, 533, 535, 537, 539, 541, 543, 545, 547, 549, 551, 553, 555, 557, 559, 561, 563, 565, 567, 569, 571, 5

ILLUSTRATED NEWS OF THE WEEK

A SPECIAL TRIBUNE FEATURE

THE BEST OF THE WEEK'S INTERESTING NEWS PICTURES



MASONRY'S GRAND OLD MAN DEDICATES NEW TEMPLE OF PEACE

These pictures, taken in London when the Duke of Connaught, Grand Master of the Grande Lodge of Great Britain, dedicated the million-pound Masonic Temple of Peace, show His Royal Highness being greeted by the Grand Secretary, while at the right is the British capital. Canada sent a special Masonic delegation to take part in the opening ceremonies.



POISON WIDOW ON THE STAND

Two excellent pictures of Mrs. Joanne Aborn, accused of the poison murder of her first husband, as she testified on her own behalf at Salem, Mass. The widow, who has smiled all through her trial, looks down as she vehemently asserted her innocence, declaring she loved the husband she is accused of slaying.



GUARDED HEIRESS

Therese Dahn, heiress to the tobacco fortune and said to be one of the richest girls in the world, is being closely guarded at Newport, R. I., following reported kidnap threats.



INVITED TO SET NEW RECORD

When asked by Mayor Louis D. Taylor to make a flight across Canada, possibly non-stop, the smiling, British flying family of Captain Jim and Amy Molton stated they will certainly honor it in mind. Unfortunately it will take two months to have a plane ready for the long hop from Vancouver to Halifax and the idea has been filed away for future reference. The pictures show the intrepid fliers who successfully navigated a non-stop flight from England to the United States only to crash within sight of their goal. Inset is a picture of Vancouver's popular mayor.

MAKE HEAVY PAYMENT

Saskatchewan Pool Elevator Issue
Cheque For Large Amount

REGINA, Sask.—The Saskatchewan Pool Elevators recently paid \$1,454,614 to the liquidators of the Saskatchewan Co-operative Elevator Company in final payment on the purchase price of 1906.

With the exception of a payment on a mortgage to the Saskatchewan provincial government of \$307,200 plus interest, which is to be paid at the end of this month, the entire liability has disappeared from the books of the Pool.

The purchase price of all the assets in 1906 was \$11,611,200.

DANGER SPOTS FOR THE UNWARY PEDESTRIANS

Five Are Listed For Guidance Of the Careless Walker

Five principal danger spots lurk in traffic for the unwary pedestrian, according to an analysis of accident reports. A large proportion of traffic deaths involve persons on foot and the circumstances listed in the order of their frequency are: Crossing the street between intersections; crossing at intersections; coming into the street from behind parked cars; walking on or along roadways; particularly when falling to walk facing oncoming traffic; and children playing in the street.

CHURCHILL PORT OPENING

OTTAWA, Ont., R. J. Manion, Minister of Railways and Canada, stated that formal opening of the port of Churchill will, in all probability, not take place until next year. In response to a question by R. M. Still, M.P. for Nelson, Dr. Manion stated in the House last session that the official ceremony would probably take place this season. However, it is the desire not only of the Minister, but of the government—and the Prime Minister himself—that the latter should be present at the opening.

REACH STRATOSPHERE

CALGARY.—A height of nine miles and a temperature of 87 degrees below zero is the record so far attained by meteorological balloons released from Calgary by Captain C. H. Bromley in connection with the polar year work.

Twelve of the 22 balloons, equipped with instruments to record atmospheric conditions in the stratosphere, have been recovered. Captain Bromley reports. The balloons have been released twice a month since last September.

METTUR DAM, SOUTH INDIA

The Mettur dam, South India, will be completed in September, 1934, and will complete the largest block of masonry in the world. The cement alone for the job, the largest dam in the British Empire, cost £700,000. There will be a waterfall of 90 feet over a width of 550 feet. The dam will make a million acres of land fertile by irrigation.

NOT ALL SUPERSTITIOUS

A ten-minute check-up on the persons trying to negotiate a ladder set up on the sidewalks in Sacramento, California, was as follows: Of the forty-six women passing, thirty-four walked around and thirty-eight of the sixty-nine men did the same. Twenty-three men and twelve women walked over. Possibly some didn't want to be hit with a brick—or a job of paint.

BARLEY AS A FOOD

Mentioned in Exodus 9:31, and in other books of the Bible, barley was one of the most important foods of the human race for thousands of years. Here meal, as barley meal is called in Scotland, forms a favorite dish of porridge at the present time.

RESEARCH WORKERS DEVELOP TREATMENT FOR DAMP WEAT

The practical value of the World's Grain Exhibition and Conference is revealed again in the new contribution to discussion at the conference side of the mammoth gathering by Dr. R. K. Larnor, J. S. Clayton, and C. L. Wrenshall, of the laboratories of the University of Saskatchewan. These men have been experimenting with wet wheat, with a view to eliminating the development of heat and consequent deterioration of the grain before it reaches the drier at the head of the lakes.

Undue rainy seasons have not been a common thing in the agricultural life of prairie Canada of recent years, and yet on occasions we do get protracted rainy spells that carry their threat to cut grain. The three Saskatchewan scientists mentioned have developed a vapor, called toluene, that is said to be not inflammable in the slightest and that carries no danger to the quality of grain but that yet effectively prevents damage from heat, moisture and fungi in the grain consequent upon wet weather. This would seem to represent a distinct advance in agricultural science, and that Saskatchewan men have been able to reproduce this treatment and impart it to the World's Grain Conference will be a matter of satisfaction to all citizens of this province.—Regina Leader-Post.

ENERGY VALUE OF ORANGES

The energy value of two oranges is the same as of one slice of bread, but the orange juice is immediately available for the system, whereas the bread requires several hours to digest. Additionally, the lime and alkaline salts in the orange juice are very valuable in fortifying the blood, building bone and combating the effects of a sedentary life.

Valentine is rapidly growing in importance as a producer of orange and has now attained there the place among exporting countries, being surpassed only by Spain, Italy, and the United States.



BUNNY THE LION

Bunny is H. W. Austin's nickname, but the British tennis star (left) showed Ellsworth Vines that he was a lion when he crushed the American star in straight sets recently. The picture was taken at the beginning of the sensational match in Paris.

ELECTRICAL STIMULATION OF THE HUMAN HEART

A British device stimulates the heart into activity if used within ten minutes after it has ceased to beat. A needle is injected into the heart and an electrical current is used to produce an artificial beat.

SENTENCED TO DEATH FOR STEALING JAM

For stealing jam from a government warehouse at Moscow, the manager and three employees were shot, three others were sent to a prison camp, and two more are to stay three years in jail.

LEAD POISONING AMONG CHILDREN FROM PENCILS

Chemical analysis shows that there is enough lead in the paint on some pencils to kill a child. In one year sixteen children suffering from lead poisoning were admitted to a single hospital in Montreal. Two of these died a few hours after admission.

Professor: "Why don't you answer me?"
Freshman: "I did, Professor; I shook my head."
Professor: "But you don't expect me to hear it rattle away up here, do you?"

NEW ECONOMIES IN THE MANUFACTURE OF RAYON SILK

There are new economies in rayon manufacture, and therefore new terror to cotton and silk growers. The new process permits the spinning, washing, drying and twisting of yarn in one continuous operation, taking only three minutes to transfer dissolved cellulose into finished yarn. The costs are cut to less than half.

SEVENTY THOUSAND DIE IN CHINESE EARTHQUAKE

Seventy thousand persons died in an earthquake at Katsai, China, on December 26, 1932. Seismographs throughout the world plainly recorded the earthquake, but details of the catastrophe did not reach the outside world until forty-eight days afterward. The only direct communication with the district is by camel caravan.

No Wage Cut in Denmark For 1 Year

Angered by employers' demands for a 20-percent wage cut, the Socialist premier of Denmark demanded and got from the parliament a law extending all present wage agreements to February 1, 1934, and forbidding both strikes and lockouts until that time.



BROTHERS POISED FOR OCEAN HOP

Benjamin and Joseph Adamowicz, living Polish brothers, pictured with the plans in which they plan to fly from Floyd Bennett Airport, New York, to Warsaw, Poland. They will make one stop at Newfoundland. Both the brothers are expert aviators.



This full-blooded Greek Indian beauty, Miss Joanne Aborn, may be the first real "Miss America," for she has been chosen "Miss Oklahoma" and will compete in the national contest at Atlantic City next month.

ROUND UP CRIMINALS

International Organization Formed To Conduct Drive on Crooks

Police of several nations organized recently in Chicago the "international world police" to chase the criminal from his haunts over the globe.

The new international organization was formed at a meeting of Canadian, American and European police officials attending conference sponsored by Barron Collier, special deputy police commissioner of New York, the international police conference, and the international association of chiefs of police. Winnipeg was represented by Chief Chris R. Newton.

JET-BLACK TEETH IN COLOMBIA

The teeth of the Citara Indians, Colombia, South America, are jet black and remain in almost perfect condition from childhood to old age. They chew the leaves of a plant which forms a protective film around the root readily removed if there was no chance in the attitude of the railways on the second wage out he believed the running trade would be an strike throughout Canada.



FEARS STRIKE POSSIBLE

Senator James Murdoch, chairman of the Canadian Brotherhood of Railway Trainmen, who stated at Montreal recently that if there was no chance in the attitude of the railways on the second wage out he believed the running trade would be an strike throughout Canada.



ACCEPTS "GOAT" ROLE

Declaring himself willing to accept the blame, any for the American defeat by Britain in the Davis Cup lawn tennis series, Mercer, Senator Kavan, nevertheless den of his "goat" role was responsible for the debacle and offered the opinion that over-confidence on the part of Kavan was a big part in the British victory.



"Darling, I swear that nothing shall ever come between us!"
—Gloria Macchini, Milan.

